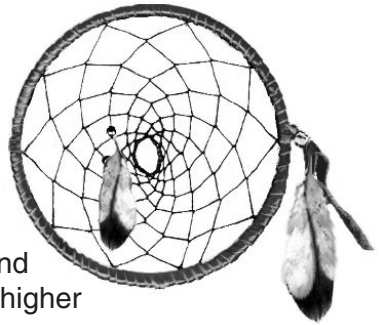


# What You Need To Know About Foodborne Illness

- ▲ Foodborne illness, often called food poisoning, is any illness that comes from the food you eat. Safe food handling can help reduce your risk of getting sick from food.
- ▲ Bacteria that cause disease are called pathogens. When certain pathogens such as *Listeria monocytogenes*, *Campylobacter*, *Salmonella*, and *E. coli* O157:H7 enter the food supply, they can cause foodborne illness.
- ▲ The Centers for Disease Control and Prevention estimate that 76 million persons in the United States get sick, 325,000 are hospitalized, and 5,000 die from foodborne illnesses each year.
- ▲ Foodborne illness symptoms can include nausea, vomiting, diarrhea, or fever. Infants and young children, pregnant women and their unborn babies, older adults, and people with weakened immune systems such as those with cancer, HIV/AIDS, kidney disease, diabetes, or bone marrow and organ transplant recipients, are at a higher risk for foodborne illness.
- ▲ If you experience the symptoms of foodborne illness, call your doctor or health care provider.



To help keep your food safe from harmful bacteria, follow these four food safety steps—*Clean*, *Separate*, *Cook*, and *Chill*.

- ▲ **Clean:** Wash hands, utensils, and countertops often.
- ▲ **Separate:** Avoid cross-contamination. Do not let raw meat, poultry, or their juices touch other foods that will not be cooked.
- ▲ **Cook:** Cook food to a safe internal temperature. Use a food thermometer to check the internal temperature. Cook beef, veal, and lamb steaks and roasts to 145 °F; hamburgers to 160 °F; pork to 160 °F; and poultry to 165 °F.
- ▲ **Chill:** Refrigerate or freeze perishable food within 2 hours, or within 1 hour in temperatures above 90 °F.

For more information on food safety, call  
the USDA Meat and Poultry Hotline  
1-888-MPHotline (1-888-674-6854)  
TTY/1-800-256-7072  
E-mail: [mph hotline.fsis@usda.gov](mailto:mph hotline.fsis@usda.gov)

Or “Ask Karen,” FSIS’ automated response  
system—available 24/7 at  
**[www.fsis.usda.gov](http://www.fsis.usda.gov)**

The Food Safety and Inspection Service (FSIS) is the public health agency in the U.S. Department of Agriculture responsible for ensuring that the nation’s commercial supply of meat, poultry, and egg products is safe, wholesome, and correctly labeled and packaged.



**United States Department of Agriculture**  
Food Safety and Inspection Service

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